

# What's the "Secret" to Lose Your Weight and Save Money, Calories, and Time?

*It's Replacing One Meal a Day with a Delicious Nutritional Solutions4 Shake!*



**Save Money!** Let's face it, preparing nutritious meals is vital for health and weight loss, but food can be costly. Cut out one-third of your expensive grocery bill by replacing one meal a day with a delicious Nutritional Solutions4 Shake. The cost of one shake is only \$3.00! Your budget will love this simple step!

**Save Calories!** One Nutritional Shake only has 180 calories or less! It is delicious, nutritious and extremely satisfying...yet it has a very low caloric content!

**Save Time!** One of the biggest obstacles to eating healthy is having food ready. Simplify your life by replacing one meal a day with a Nutritional Shake. This can be mixed in seconds. Simply add water and shake. No blender necessary. You can prepare this on the go, while traveling...or anywhere!

Four Flavors to Choose from: Chocolate, Vanilla, Strawberry and Orange Cream

- ✓ Delicious! Everyone's favorite treat!
- ✓ Mixes instantly with cold water (have it anywhere)
- ✓ Replaces a balanced meal
- ✓ Soy free, lactose free, sugar free, no artificial sweeteners
- ✓ Contains 26 essential vitamins
- ✓ Enhances vitality
- ✓ Great source of protein and amino acids
- ✓ Helps to normalize your weight
- ✓ **Increased Energy!**



#### Other Tips for the Solutions4 Nutritional Shake!

- Great post workout shake
- Great way to get nutrition into your kids... they'll love it (mix chocolate with ice!)
- Great for diabetics
- Great for people with Candida
- Ask us for extra recipes!

**For Even More Savings Replace Two Meals a Day with Delicious Nutritional Solutions4 Shakes!**

**Come in or Call and Order Today! Lighthouse Health (801) 265-3400**